

## SPIN-IT

### Spin and Strength w/Karen (Ages 16+) (20 classes)

Great workout that will make you sweat. If you never tried it before or haven't done it in a while, give it a try.

**Dates:** Mon./Fri., 9:45-10:30 a.m., Jan. 5-Mar. 13

**Location:** Friendship Center, Room 115

**Fee:** \$85R/\$88NR/\$71M (Code 9858)

### Spin-It! (Ages 16+)

Spinning is an awesome workout — limited space!

**Dates: (1 day per week) (10 classes-45 min.)**

Wed., 9:30-10:15 a.m., Jan. 7-Mar. 11(K) (Code 9961)

Fri., 5:45-6:30 a.m., Jan. 9-Mar. 13 (K) (Code 9960)

Fri., 8-8:45 p.m., Jan. 9-Mar. 13 (D) (Code 9837)

Sat., 8:15-9 a.m., Jan. 10-Mar. 14 (MJ) (Code 9839)

Thurs., 5:45-6:30 p.m., Jan. 8-Mar. 12 (MJ) (Code 9838)

**Fee:** 1/week (45 mins.) \$24R/\$28NR/\$20M

**Dates: (2 days per week — 45 minutes) (20 classes)**

Tues./Thurs., 4:30-5:15 p.m., Jan. 6-Mar. 12 (M) (Code 9836)

Mon./Wed., 6:15-7 p.m., Jan. 5-Mar. 11(MJ) (Code 9840)

Tues./Thurs., 8:30-9:15 p.m., Jan. 6-Mar. 12 (D) (Code 9831)

Tues./Thurs., 5:45-6:30 a.m., Jan. 6-Mar. 12 (MJ) (Code 9832)

Mon./Wed., 5:45-6:30 a.m., Jan. 5-Mar. 11 (D) (Code 9834)

Mon./Wed., 8:30-9:15 p.m., Jan. 5-Mar. 11 (D) (Code 9835)

**Location:** Friendship Center, Room 115

**Fee:** 2/week (45 mins.) \$46R/\$54NR/\$38M

**Instructor Code:** (D) Darryl, (J) Janeal, (M) Michelle, (MJ) Mary Jo, (K) Kim

### Triple-Fit Ripped Workout w/Darryl (Ages 16+) (10 classes)

90 minutes of power overdrive, 25 minutes of intense/low impact cardio including steps, bands, fit balls, weights followed by 25 minutes of spinning, finishing with an aqua workout.

**Dates:** Sat., 11a.m.-12:30 p.m., Jan. 10-Mar. 14

**Location:** Friendship Center, Room 118, Pool

**Fee:** \$62R/\$67NR/\$52M (Code 9903)

### Endurance Ride w/Kim (Ages 16+)

Take an afternoon spin ride and get a great workout.

**Dates:** Saturday, January 31, 2-4 p.m. (Code 9980)

OR-Saturday, February 28, 2-4 p.m. (Code 9981)

**Location:** Friendship Center, Room 115

**Fee:** \$12R/\$15NR/\$10M

## Babysitting Available

Monday-Friday 9 a.m.-1 p.m. and 4-8 p.m.

Saturday 9 a.m.-1 p.m.

Free to Members! \$3 Non-Member

## AEROBICS/FITNESS/DANCE

### Low Impact w/Lori (20 classes)

High energy, low impact moves.

**Dates:** Mon./Wed., 4:30-5:30 p.m., Jan. 5-Mar. 11

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/\$52M (Code 9830)

### Combo w/Kelly and Sunny (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

**Dates:** Mon./Wed., 6-7 p.m., Jan. 5-Mar. 11

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/\$52M (Code 9919)

### Abs, Back & Legs w/Kelly (10 classes)

Focus on strengthening/toning the abs, back and legs.

**Dates:** Mon., 7-8 p.m., Jan. 5-Mar. 9

**Location:** Friendship Center, Room 118

**Fee:** \$32R/\$37NR/\$26M (Code 9920)

### Strength Training w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

**Dates:** Tues., 4-4:40 p.m., Jan. 6-Mar. 10

**Location:** Friendship Center, Room 118

**Fee:** \$32R/\$37NR/\$27M (Code 9825)

### Ringtime Boxing w/Focus Mitts w/Karen (12 classes)

Interval class featuring the use of boxing gloves and focus mitts. Class will cover safety tips, proper use, drills and workout formats. If you love punching, then prepare to be hitting the mitts like a pro.

**Session I:** Tues./Thurs. 10:30-11:15 a.m., Jan. 6-Feb. 12 (Code 9854)

**Session II:** Tues./Thurs. 10:30-11:15 a.m., Feb. 17-Mar. 26 (Code 9855)

**Location:** Friendship Center, Gym #1

**Fee:** \$66R/\$71NR/\$56M



## AEROBICS/FITNESS/DANCE

### Salsa Aerobics w/Gina (16+ ) (10 classes)

Dance and have fun to Latin rhythms and music. Basic merengue, salsa and bachata. Great workout.

**Dates:** Tues., 5:30-6:30 p.m., Jan. 6-Mar. 10 (Code 9985)  
Thurs., 6-7 p.m., Jan. 8-Mar. 12 (Code 9986)

**Location:** Friendship Center, Room 106/109 (Tues.), East Annex (Thurs.)

**Fee:** \$32R/\$37NR/\$26M

### Weight Loss Boot Camp w/Lori & Mary (21 hours)

New Year, New You! Two trainers to implement a combination strategy of improved eating, interval exercise and a weight training program for maximum weight loss and body fat reduction.

**Session I:** Sat. (7-8:30 a.m.), Mon. & Wed. (6:30-7:30 p.m.), Jan. 10-Feb. 18 (Code 9988)

Orientation: Thurs., Jan. 8 at 6:30 p.m.

**Session II:** Sat. (7-8:30 a.m.), Mon. & Wed. (6:30-7:30 p.m.), Feb. 21-April 1 (Code 9989)

Orientation: Thurs., Feb. 19 at 6:30 p.m.

**Location:** Friendship Center, East Annex

**Fee:** \$220R/\$225NR/\$185M

### Boot Camp Express w/Lori & Mary (8 weeks)

Continuation of Weight Loss Boot Camp but will accept others with approval from trainers.

**2 Day:** Mon./Wed., 6:30-7:30 p.m., Jan. 5-Feb. 25

**Location:** Friendship Center, East Annex

**Fee:** \$92R/\$95NR/\$77M (Code 9933)

**3 Day Session I:** Mon./Wed. (6:30-7:30 p.m.), Sat. (7-8 a.m.) Jan. 5-Feb. 4 (Code 9938)

**3 Day Session II:** Mon./Wed. (6:30-7:30 p.m.), Sat. (7-8 a.m.) Feb. 16-Mar. 28 (Code 9941)

**Location:** Friendship Center, East Annex

**Fee:** \$108R/\$113NR/\$90M

### Strength Training + Abs w/Terri (10 classes)

Invigorating strength workout including abs. Great mixture.

**Dates:** Fri., 6-6:45 p.m., Jan. 9-Mar. 13

**Location:** Friendship Center, Room 118

**Fee:** \$32R/\$37NR/\$27M (Code 9824)

### Kickboxing w/Karen (20 classes)

Cardio kickboxing class with focus on form and fun.

**Dates:** Tues./Thurs. 9:15-10:15 a.m., Jan. 6-Mar. 12

**Location:** Friendship Center, Room 118

**Fee:** \$76R/\$81NR/\$64M (Code 9851)



### Yogalates w/Terri (10 classes)

Yoga mixed with pilates. Great mixture.

**Dates:** Tues., 4:45-5:30 p.m., Jan. 6-Mar. 10

**Location:** Friendship Center, Room 118

**Fee:** \$32R/\$37NR/\$27M (Code 9827)

### Basic Hatha Yoga w/Certified Instructors (8 classes)

Need to de-stress? Come enjoy a yoga practice that can help you slow down and calm down. Each week we explore new postures and techniques in a slow paced class. All levels, including beginners, are welcome.

**Dates:** Tues., 5:30-6:30 p.m., Jan. 6-Feb. 24 (Code 9882)

OR-\*Tues., 10:15-11:15 a.m., Jan. 6-Feb. 24 (Code 9883)

**Location:** Friendship Center, East Annex, \*Room 118

**Fee:** \$72R/\$77NR/\$60M

### Vinyasa Yoga I w/Certified Instructors (8 classes) (All levels)

Enjoy the benefits of a dynamic yoga practice: increased strength, flexibility, endurance, stamina and relaxation.

Based on the Ashtanga Vinyasa Yoga sequence of postures, this practice can be physically and mentally challenging. Bring yoga mat. Moderately strong paced class and students should be in good physical health. All levels.

**Dates:** Tues., 6:30-7:30 p.m., Jan. 6-Feb. 24

**Location:** Friendship Center, East Annex

**Fee:** \$72R/\$77NR/\$60M (Code 9881)

### Aerobic Focus w/Carol (20 classes)

Fun approach to cardio fitness/toning. Class includes aerobics/kickboxing for all levels, toning/ weight training.

**Dates:** Tues./Thurs., 5:30-6:15 p.m., Jan. 6-Mar. 12

**Location:** Friendship Center, Room 118

**Fee:** \$46R/\$54NR/\$38M (Code 9921)

### 20/20/20 w/Janeal (20 classes)

20 minute segments of step, aerobics/weights and abs.

**Dates:** Tues./Thurs., 6:30-7:30 p.m., Jan. 6-Mar. 12

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$69NR/\$52M (Code 9826)

### Fitness Fusion w/Janeal (20 classes)

Variety of cardio, step, interval, muscle and ab training.

**Dates:** Tues./Thurs., 7:30-8:15 p.m., Jan. 6-Mar. 12

**Location:** Friendship Center, Room 118

**Fee:** \$55R/\$58NR/\$46M (Code 9850)

### One-on-One Mat Pilates w/Terri (6 sessions)

Personal, one-on-one training available.

**Dates:** By appointment

**Location:** Friendship Center, Room 112

**Fee:** \$220R/\$225NR/\$200M (Code 9987)



## AEROBICS/FITNESS/DANCE

### Core Cut Interval w/Karen (10 classes)

Interval-based program designed to supercharge your metabolism. Each class is different with plenty of focus on participant's ability.

**Dates:** Wed., 9:30-10:30 a.m., Jan. 7-Mar. 11

**Location:** Friendship Center, Gym #1

**Fee:** \$60R/\$63NR/\$50M (Code 9821)

### Core Cut Intervals w/Lori & Mary (6 classes)

Anything and everything goes in this class. Inside, outside, bosu, gliding, balance, strength and cardio. Fun with cutting edge techniques — never boring!

**Session I:** Mon./Wed., 5:30-6:30 p.m., Jan. 5-Feb. 11 (Code 9822)

**Session II:** Mon./Wed., 5:30-6:30 p.m., Feb. 16-Mar. 25 (Code 9823)

**Location:** Friendship Center, East Annex

**Fee:** \$91R/\$94NR/\$77M

### A.M. Weight Loss Boot Camp w/Karen (21 hours)

The successful weight loss program is now available in the daytime! Program includes a healthy eating plan, fit testing/weekly weigh-ins, exercise program w/3.5 hours/week with a personal trainer in small group setting. For those with 15+ pounds to lose. Must attend all 3 sessions per week.

**Session I:** Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Jan. 5-Feb. 13 (Code 9856)

**Session II:** Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Feb. 16-Mar. 27 (Code 9857)

**Location:** Friendship Center, Gym #1

**Fee:** \$220R/\$225NR/\$185M

### Weight Loss Boot Camp Phase II w/Karen (6 weeks)

Designed for previous participants of Weight Loss Boot Camp. Exercise only program blends interval and strength work with challenging cardio. 1/2 class time w/trainers and 1/2 on own. Must attend all class times.

**Session I:** Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Jan. 5-Feb. 13 (Code 9913)

**Session II:** Mon./Wed. (10:30-11:30 a.m.), Fri. (10:30-12 p.m.), Feb. 16-Mar. 27 (Code 9914)

**Location:** Friendship Center, Gym #1

**Fee:** \$98R/\$102NR/\$82M

### Pilates Stretch w/Terri (10 classes)

Increase overall flexibility, improve posture and core strength. Relaxing and effective. All levels.

**Dates:** Fri., 4:15-4:45 p.m., Jan. 9-Mar. 13

**Location:** Friendship Center, Room 118

**Fee:** \$36R/\$39NR/\$30M (Code 9829)

### Mat Pilates w/Terri (10 classes)

Concentrate on core stability. Gain flexibility of muscles and joints, improve posture, strength and balance.

**Dates:** Tues., 5:45-6:30 p.m., Jan. 6-Mar. 10 (Code 9979)\*  
Fri., 5-5:45 p.m., Jan. 9-Mar. 13 (Code 9828)

**Location:** Friendship Center, Room 118, \*Room 112

**Fee:** \$48R/\$51NR/\$40M

### Saturday Morning Cardio Pump w/Darryl (10 classes)

High energy workout at low pace. All forms of exercise.

**Dates:** Sat., 9:30-10:30 a.m., Jan. 10-Mar. 14

**Location:** Friendship Center, East Annex

**Fee:** \$32R/\$37NR/\$26M (Code 9900)

### Weekend Kickboxing w/Karen & Lori (6 classes)

Start your weekend off with a cardio intense impact kickboxing. Proper form and technique taught — use of gloves and free-standing boxing bags.

**Session I:** Sat., 8-9 a.m., Jan. 10-Feb. 14 (Code 9852)

**Session II:** Sat., 8-9 a.m., Feb. 21-Mar. 28 (Code 9853)

**Location:** Friendship Center, Room 118

**Fee:** \$64R/\$67NR/\$54M

### Mobile Mommy Wheelies w/Ursula (6 classes)

Workout with your little ones in strollers. Cardio, body sculpting and yoga stretches help address areas moms especially need while bonding with your child. Enroll in both sessions at same time and receive a discount.

**Session I:** Sat., 9-9:45 a.m., Jan. 10-Feb. 14 (Code 9895)

**Session II:** Sat., 9-9:45 a.m., Feb. 21-Mar. 28 (Code 9896)

**Location:** Friendship Center Track

**Fee:** \$52R/\$60NR/\$48M

### Toddler Yoga w/Mobile Mommy Fitness (Ages 12-36 mos.) (6 classes)



Yoga can be fun to do as your toddler crawls through your downward facing dog or joins in to roar like a lion. Adding challenge and enjoyment, your toddler will spend time coaching, cheering and exercising with you. Great yoga workout and fun with your little one. Bring yoga mats.

**Session I:** Thurs., 10:15-11 a.m., Jan. 8-Feb. 12 (Code 9916)

**Session II:** Thurs., 10:15-11 a.m., Feb. 19-Mar. 26 (Code 9917)

**Location:** Friendship Center, Room 118

**Fee:** \$68R/\$71NR/\$58M





## AEROBICS/FITNESS/DANCE

### Middle Eastern Dance w/Karida (6 classes)

Burn calories, tone muscles, build stamina, increase flexibility, grace and confidence.

**Dates:** Mon., 6-7 p.m., Jan. 5-Feb. 9

**Location:** Friendship Center, Room 106/109

**Fee:** \$50R/\$53NR/\$45M (Code 9892)

### Women's Strength Training w/Bentz (Ages 18+) (8 classes)



Tone, shape and define your body, boost energy & metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

**Dates:** Tues., 7-8 p.m., Jan 6-Feb. 24

**Location:** Max Fitness, 3401 N. 6th St. Harrisburg

**Fee:** \$55R/\$60NR (Code 9956)

### Learn Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

**Dates:** Mon., 7:30-9 p.m., Jan. 12-Feb. 2

**Location:** Friendship Center, Room 106/109

**Fee:** \$64R/\$72NR/\$54M per cpl. (Code 9922)

### Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

**Dates:** Tues., 3-4 p.m., Jan. 6-Mar. 10

**Location:** Friendship Center, Room 118

**Fee:** \$42R/\$52NR/Free to Members! (Code 9889)

## ADULT SPORTS/LEISURE

### Headaches w/Dr. Scott LeVan (18+)

Many people suffer with headaches. Find out the most common reason people seek medical attention.



**Date:** Tuesday, January 6, 7-8 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to public — must pre-register! (Code 9918)

### "Monavie-The Juice" Presentation

Monavie Brand products are a delicious and energizing blend of the Brazilian Acai Berry and other nutrient-dense fruits from around the world. They deliver the phytonutrients and antioxidants you need to maintain a healthy and active lifestyle. Come taste the product and hear what it can do for you.

**Date:** Wednesday, January 14, 7-8 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to public — must pre-register! (Code 9930)

## ADULT SPORTS/LEISURE

### Financial Planning w/Waddell & Reed

A workshop that will assist you with financial advice.

**Education Funding:** Tuesday, January 27, 7-8:30 p.m. (Code 9946)

**Financial Concepts 101:** Thursday, February 12, 7-8:30 p.m. (Code 9947)

**Location:** Friendship Center, Room 112

**Fee:** \$3R/\$5NR Free to members!

### Sleep Disorders w/Dr. Homza (16+)



Sleep apnea, narcolepsy, insomnia, and sleep walking. Problems falling asleep and staying asleep? Treatment may include exercise and stretches, diet, and avoid caffeine. Why stress can bring on these problems.

**Date:** Thursday, January 15, 6-7 p.m.

**Location:** Friendship Center, Room 109

**Fee:** Free to public — must pre-register! (Code 9951)

### Photography For Beginners w/Fashion Mystique Modeling & Beauty Salon (16+) (4 classes)

Learn how to take professional looking pictures. Discover how to pose subjects and capture angles to make your subject look the best. Digital cameras suggested.

**Dates:** Weds., 6-7 p.m., Jan. 14-Feb. 4

**Location:** Friendship Center, Room 106

**Fee:** \$53R/\$56NR/\$45M (Code 9925)

### Advanced Photography w/Fashion Mystique Modeling & Beauty Salon (16+) (4 classes)

Take the next step in photography by learning how to manipulate and improve photos. Laptops and photoshop are suggested but not required.

**Dates:** Weds., 6-7 p.m., Feb. 11-Mar. 4

**Location:** Friendship Center, Room 106

**Fee:** \$53R/\$56NR/\$45M (Code 9926)

### How To Use Color in Your Home w/Barbara Tabak



Review color theory & demonstrate how to put together a color scheme based on individual color preferences. Attendees will determine their color preferences through a color quiz and a slide show featuring beautifully color-coordinated rooms.

**Date:** Thursday, January 8, 7-8 p.m.

**Location:** Friendship Center, Room 106

**Fee:** \$3R/\$5NR/Free to Members (Code 9928)

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Fun and Fitness!  
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